




Name: _____ Date: _____

Teacher: _____

LESSON GOAL Produce a mid-year reflection video that summarizes experience and helps establish future goals.

ESSENTIAL QUESTION How can I use video to capture self-reflection of my experiences?

Multiply the points by the weighted score and record in the total column for each rubric. Then tally the total points for the final score.						
Weighted Score	Category	Exceeding 9-10 Points	Meeting 6-8 Points	Approaching 3-5 Points	Emerging 0-2 Points	Total
1	 ASSIGNMENT 1 Video Reflection Draft Write a draft of the video reflection.	Organized notes from previous reflections neatly in a logical sequence and thoughtfully answered all Mid-Year Reflection Questions .	Organized notes in sequence and answered most questions.	Organized some notes, attempted a logical sequence, and answered some questions.	Did not attempt the assignment or made minimal progress.	
2	Rehearsal Rehearse for the video reflection using Self Reflection Video Rubric .	Followed all guidelines in presenting a thoughtful midyear self-reflection video.	Rehearsed midyear self-reflection video.	Made an effort to rehearse midyear self-reflection video.	Did not rehearse.	
1	Feedback Provide peer feedback on rehearsal.	Provided detailed constructive peer criticism and used peer feedback to refine presentation.	Provided constructive peer criticism and used some peer feedback to refine presentation.	Provided some constructive peer criticism and used some peer feedback to refine presentation.	Provided and used little or no peer feedback.	
1	 ASSIGNMENT 2 Video Reflection Complete the video reflection.	Produced an interesting self-reflection video that answered all questions and thoroughly met all guidelines.	Completed a self-reflection video that answered questions and met most guidelines.	Produced a reflection video that answered some questions and attempted to meet guidelines.	Did not complete a video reflection.	
1/2	Video Reflection Preparedness	Was completely prepared and had obviously rehearsed.	Seemed pretty prepared but might have needed a couple more rehearsals.	Was somewhat prepared, but clear that rehearsal was lacking.	Did not seem at all prepared to present.	
1	Video Reflection Comprehension	Thoroughly and accurately answered all questions posed.	Accurately answered most questions.	Accurately answered a few questions.	Was unable to accurately answer questions.	
1/2	Video Reflection Attire	Wore appropriate attire.	Wore mostly appropriate attire.	Appeared disheveled.	General attire not appropriate for audience.	
1/2	Video Reflection Uses Complete Sentences.	Always (99-100% of time) spoke in complete sentences.	Mostly (80-98%) spoke in complete sentences.	Sometimes (70-80%) spoke in complete sentences.	Rarely spoke in complete sentences.	
1/2	Video Reflection Posture and Eye Contact	Stood up straight, looked relaxed and confident, and used eye contact.	Stood up straight and established eye contact with the camera.	Sometimes stood up straight and established eye contact.	Slouched and/or did not look at people during the presentation.	
1/2	Video Reflection Time-Limit	Presentation met the time limit.	Presentation was one minute too long or too short.	Presentation was two minutes too long or short.	Presentation was 3 or more minutes too long or 3 or more minutes too short.	
1/2	Video Reflection Volume	Volume was loud enough to be heard by the camera throughout the presentation.	Volume was loud enough to be heard by the camera at least 90% of the time.	Volume was loud enough to be heard by the camera at least 80% of the time.	Volume often too soft to be heard by the camera.	
1	 ASSIGNMENT 3 Video Reflection Complete the video reflection.	Wrote an insightful reflection on the self-reflection video, demonstrating recognition of strengths and how it can be improved.	Completed a reflection on the self-reflection video process.	Wrote part of a reflection on the self-reflection video process.	Did not write a reflection on the self-reflection video.	